

AC1 Hinson among top regional Sailors of Year

By Penny Randall
Staff Writer

For the second consecutive year, Naval Air Station Meridian's Sailor of the Year (SOY) was among the top five competing for the title of Commander, Navy Region Southeast (CNRSE) Sailor of the Year.

Air Traffic Controller 1st Class (AW) Dwayne M. Hinson Jr. said his time in Jacksonville was thrilling.

"It was a great experience to be able to interact with all the Sailor of the Year candidates and, of course, the master chiefs from the different bases," said Hinson, who is Meridian's Air Traffic Control leading petty officer and a 13-year veteran of the U.S. Navy.

"I was honored to represent NAS

● **Sailor of Year, page 8**



The 2009 top five candidates for selection as the 2009 Commander, Navy Region Southeast Sailor of the Year pose with a jaguar statue outside of the Jacksonville Municipal stadium. The Sailors of the Year are from left: Master-at-Arms 1st Class (SW/EXW) Jeffrey C. Lee, Naval Station Ingleside, winner of the CNRSE Sailor of the Year competition; Aviation Warfare Systems Operator 1st Class (NAC/AW) James R. Davis, Naval Air Station Key West; Mass Communication Specialist 1st Class (AW) Monica R. Nelson, Commander, Navy Region Southeast; Air Traffic Controller 1st Class (AW) Dwayne M. Hinson Jr., Naval Air Station Meridian; and Master-at-Arms 1st Class (SW/AW) Dary R. Sampy, Naval Air Station Pensacola.

Photo by MM3 Juan Pinaldez

Senior Chief Master-at-Arms Ronald Banister; Raymond Bradford, engineering technician for Resident Officer-in-Charge of Construction; Security Officer Lt. Michael Duwel; Capt. Charles Gibson, commanding officer of NAS Meridian; and Jason Alford, representative with TJC Engineering of Louisville, Ky., cut the ribbon marking the completion of the \$1.38 million renovation project of Building 423 which was converted into the new security headquarters.

Photo by MC2 (SW/AW) Flordeliz Valerio



Security has new headquarters

By MC2 Flordeliz Valerio
Staff Writer

A ribbon cutting ceremony marked the opening of Naval Air Station (NAS) Meridian's new security headquarters building, Feb. 9.

The \$1.38 million project, started in April 2009, included the demolition of five buildings, the restoration of site work back to its original condition, and the renovation of Building 423 to become the new security headquarters building.

● **Security, page 8**

On Base...

✓ VT-9 Change of Command

Cmdr. Anthony W. Wright will be relieved by Cmdr. William H. Sheehan as commanding officer, Training Squadron Nine during a ceremony on March 12, at 11 a.m. in the hangar.



✓ The Skeet Range is open

every Sunday at 1 p.m. You must have your weapon registered with security. For more information on all requirements, call The Outpost at (601) 679-2609.

✓ VITA Tax Center open in

Administration Building 255, Room 258. Hours of operation are 9 a.m.-4 p.m. Monday, Wednesday and Thursday. For more information, call LN1 Alfredo A. Luhers at (601) 679-3021 or Natalie Hollingsworth at (601) 679-2340.

✓ Black Heritage Ball is set for Feb.

26 at Rudders. Doors open at 6 p.m., program at 7 p.m. Tickets are \$10. For more information, call Chief Bobby Lee at (601) 679-3879.

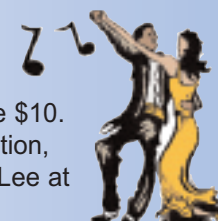


Photo of the Week



Photo by MC2 (SW/AW) Flordeliz Valerio

Dr. Carl M. White, senior pastor of Highland Baptist Church of Meridian was the guest speaker at NAS Meridian's annual celebration of the National Prayer Breakfast on Feb. 4 in the Roy M. Wheat Galley. White spoke before a group of military members, base personnel, local government dignitaries and members of the Meridian Area Navy League. White said that the prayer breakfast to a way to remember how important praying is. He cited some military events in history wherein prayer played an important part and gave guidance to military personnel. At the end of his speech, he reminded everyone to think of those men and women bravely serving our country and offer a prayer of guidance and healing to those who are sick.

Off Limits Establishments

The following establishments located in the city of Meridian are off limits to military members stationed at NAS Meridian.

Club Swaggards

(formerly The Midnight Sun), 1908 B St.

Club Mercedes

(formerly Platinum City) 2419 5th St.

Club Elements, 103 20th Ave.

Club Escalade,1106 North Frontage Rd.

Flame Throwers, 276 23rd St.

THE Skyline

~ Naval Air Station Meridian, Miss.

Command Staff

Commanding Officer ~ Capt. Charles M. Gibson

Executive Officer ~ Cmdr. Edward Donohoe

Command Master Chief ~ CMDCM Mark T. Sansing

Editorial Staff

Public Affairs Officer ~ Susan Junkins

Public Affairs Specialist/Editor ~ Penny Randall

Staff Writer/Photographer ~ MC1 Steven Perry

& MC2 Flordeliz Valerio

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of *The Skyline* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi.

The Skyline is published every other Thursday by *The Meridian Star*, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi.

The editorial content of this publication is the responsibility of the NAS Meridian Public Affairs Office. *The Skyline* solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. ***The deadline for material is 4:30 p.m. the Thursday before publication.*** Send submis-

sions to: *The Skyline*, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: susan.junkins@navy.mil or penny.randall@navy.mil. For more information, call (601) 679-2602 or (601) 679-2318.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or *The Meridian Star* of products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Area Happenings

FEBRUARY

20: Black History Month Program at the Meridian Museum of Art from 5-7 p.m. Featuring history using personal reminiscences, photo, artwork, film clips, readings, and live performances. Meridian Museum of Art is at 628 25th Ave., Meridian. Program is co-sponsored by Delta Nu Zeta Chapter Zeta Phi Beta Sorority. For information, call (601) 693-1501.

25-March 3: Meridian Little Theatre presents the "Dixie Swim Club" at its Highway 39 playhouse. Curtain is at 8 p.m. each night except Sunday matinee at 2 p.m. No performance on Monday. For information, call (601) 482-6371. For ticket prices and availabilities go to www.meridianlittletheatre.com.

21: Keb' Mo' performs at the MSU Riley Center at 6 p.m. His unique style embraces multiple eras by combining Robert Johnson's weathered blues with touches of contemporary soul and folksy storytelling. Delta blues meets modern rock in his originally written music, attracting both the old and new blues audiences. Tickets are \$44 and \$38, and available at the MSU Riley Center Box Office, 2200 5th St. For more information, call (601) 696-2200 or to to www.msurileycenter.com.



MARCH

6: The American Lung Association has open registration for the 2010 Fight For Air Stadium Climb at the Mississippi Braves Stadium at Trustmark Park in Pearl, beginning at 8 a.m. The race is a traditional 5K with a twist. Approximately one mile of the race is running up and down the stadium stairs. Participants can register and fundraise either as an individual or as part of a team. Registration is available online at FightForAirClimb.org or by calling 1-800-LungUSA. Awards will be given to the fastest overall stadium climb winners. Medals for first, second and third fastest stadium climb times -- in both male and female categories, will be awarded in several different age divisions.

11: Meridian Community College's Arts and Letter Series sponsors the "Church Basement Ladies" show at 7 p.m. For information and tickets call (601) 484-8696.

12: Sophie Milman performs at The MSU Riley Center at 7:30 p.m. Admission: \$25 and \$19. For information, call (601) 696-2200.

26: MCC Big Band Bash sponsored by Meridian Community College's Arts and Letter Series in the college's McCain Theatre, 910 Hwy 19 North. Show time: 7 p.m. For information and tickets call (601) 484-8696.

27: Cassandra Wilson performs at The MSU Riley Center at 7:30 p.m., 2200 5th St. Admission: \$44 and \$38. For information, call (601) 696-2200.



APRIL

9: "Barry Scott's Ain't got long to stay here: A tribute to Martin Luther King Jr." Show will be at 7:30 p.m. at The MSU Riley Center, 2200 5th St. Admission: \$25 and \$19. For information, call (601) 696-2200.

18: Meridian Community College's Arts and Letter Series presents the "Big Band Bash." Concert will be at 7 p.m. in the college's McCain Theatre, 910 Hwy 19 North. For information on tickets call (601) 484-8696.

Pvt. Jia L. Chen

MATSS-1 Student

Pvt. Jia L. Chen was born in southeast China near Hong Kong. He moved to the United States with his family in 2004 and settled in Atlanta, Ga.

He joined the Marine Corps because he had family living in New York that were affected by the 9-11 terrorist attacks on the city.

“My family is very supportive,” he said. “They told me to go for it! I joined with two high school buddies.”

Chen is currently a student in the Aviation Supply Specialist course at Marine Aviation Training Support Squadron One on board NAS Meridian.

“I hope to improve my English skills, learn different skills and continue my education with in the military.”

The person he most admires is his former drill instructor, Sgt. Williams.

“I always learned something new from him -- the correct way to perform, way to speak... he was always very motivating.”

OOORAH!



Pfc. Blaine Radford

MATSS-1 Student

Pfc. Blaine Radford joined the Marine Corps in early 2009. He is currently a student in the Aviation Supply Specialist course at Marine Aviation Training Support Squadron One.

Radford said he hopes to make the military a career.

“I joined to better myself, have a better future, to travel the world and to feel financial security.”

His hobbies include basketball, football and Xbox 360.

“I hope to have a long successful military career and be able to travel the world and experience different cultures.”

The person he most admires is his mother, Victoria.

“I she has raised me since I was three years old by herself and helped me become who I am today.”

Boots and paws on the ground for OEF

By Lance Cpl. M.C. Nerl

Marine Corps Air Ground Combat Center Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. -- Dogs have long been known as man's best friend, and the military working dog is still that, but they are also an invaluable tool for Marines deployed overseas, because of their abilities to smell, which Marines from 3rd Battalion, 1st Marine Regiment learned during their Enhanced Mojave Viper pre-deployment training evolution here at Range 220.

The dogs are employed and embedded with the platoons, and used when they are needed, said 2nd Lt. John Adams, a platoon commander with Company K, 3rd Bn., 1st Marines, and a native of Milwaukee.

“Having the dogs and trained handlers is a very valuable tool we've been able to implement a lot on patrols and searches,” Adams said. “They can smell and detect stuff better than humans can, which makes them great for searching for explosives or drugs.”

Adams said the handlers are not a new addition to the team, rather an old Marine who learned new tricks.

“We sent three Marines from Kilo Company to be trained as handlers,” he said. “They were already part of the platoons. Now they're right back where they were as part of a team, but they have added skills and abilities from their training.

“So far, the six-week course has paid off a lot,” he



Photo by Lance Cpl. M.C. Nerl

Thor, a Yellow Labrador Retriever, who is a military working dog with Company K, 3rd Battalion, 1st Marine Regiment, from Marine Corps Base Camp Pendleton, Calif., looks around the desert at Combat Center Range 220, Feb. 2. The military working dogs are part of the battalion and will deploy with their Marine handlers.

added. “The dogs, as well as the handlers, have been performing very well and we're looking forward to using them overseas.”

Cpl. Deano Miller, a rifleman cross trained for the company as a dog handler, spoke to the lessons he learned and the friend he gained in his working dog, a yellow labrador retriever named Thor.

“The dogs have helped out a lot on patrols and other

Marine set to open for sold-out rock concert

By Cpl. Cristina Noelia Gil

Marine Forces Pacific

CAMP H.M. SMITH, Hawaii -- While many musicians can only dream of performing on the same stage as rock band Bon Jovi, one Marine with U.S. Marine Corps Forces, Pacific will soon be adding that to his list of accomplishments.

The Mike Corrado Band, led by Lt. Col. Mike Corrado, is one of two bands who recently beat more than 50 competitors in the “Opening Act Contest” for a chance to perform before a sold-out crowd and open for the popular rock band Feb. 12.

“I have been a fan [of Bon Jovi] since their early years,” Corrado said. “These guys have been around for more than 20 years and they've been a strong force in music, so it's an honor to even be considered in the same sense.”

Corrado's band includes electric guitar player Jason Nobriga, keyboard player Ikaika Tecson and two members of the MarForPac band: Staff Sgt. Chazz Harbison, bass player, and Sgt. Matt Cole, drummer.

Upon returning to Hawaii from recording his second album, Corrado was surprised to learn his band was one of the finalists. The judging panel said the band's submission had instant impact on them, touching them with the sincerity and realism of Corrado's lyrics and vocals.

“What we loved about Mike is his passion for music. His voice is a cry; it's the voice of America,” said singer and entertainer Jimmy Borges, one of the judges.

In the Spotlight

Happy Birthday...

Happy Birthday goes out to **Matt Parry**, who celebrated his 10th birthday on Feb. 14.

Love, Mommy and Daddy

Birthday wishes go out to the following San Diego City College Instructors at Naval Technical Training Center Meridian:

Feb. 11: **Ellen Mustain**

Feb. 24: **Daniel Kerr**

Congratulations...

Mary Bramlett, was named Employee of the Quarter for D.E.W. Services Inc. at NAS Meridian Galley.

Birth Announcement...

A baby girl, **Makenna Rose Holliday**, was born Feb. 9, 2010 to Mr. & Mrs. Marcus Holliday, employed by D.E.W. Services Inc. at NAS Meridian Galley.

To include an item in this column, e-mail penny.randall@navy.mil or call (601) 679-2318. Photos may be included.

East Mississippi Community College Spring 2010 Schedule

Term II: March 3-May 4
Monday & Wednesday
from 4-6:55 p.m.

College Algebra
Introduction to Sociology
Criminal Investigation

Monday & Wednesday
from 7-9:55 p.m.
Western Civ II
General Psychology

Tuesday & Thursday
from 4-6:55 p.m.
English Comp II
State & Local Government
A & P II

Tuesday & Thursday
from 7-9:55 p.m.
First Aid & CPR
Art Appreciation

Spouses of active duty military take first course at no cost. Financial aid available for most applicants. For more information, call James McMullan at (601) 679-3570 or e-mail: jmcullan@eastms.edu.

Naval Branch Health Clinic Meridian has new business hours will be Monday Thursday, 7 a.m.-4 p.m.; Friday, 7 a.m.-11:30 a.m. Call (601) 679-2232 for more information.

NAS Meridian VITA Tax Center now open

The Volunteer Income Tax Assistance Center on board Naval Air Station Meridian opened for business on Feb. 1.

Locations... Locations.... Locations

In addition to the NAS Tax Center located in Administration Building 255, Room 258, there will be various IRS certified volunteer preparers throughout the base that can assist with tax preparation.

At Naval Technical Training Center, please contact the Legal Department at (601) 679-2900, Monday through Friday from 9 a.m.-3 p.m. or contact Michelle Spangler at NTTC Admin at (601) 679-2721, Monday through Friday from 9 a.m.-2:30 p.m.

At the flight line, contact AC1 Lori Steele at (601) 679-2505 for availability and appointments.

The NAS Tax Center will provide services Monday, Wednesday and Thursday, from 9 a.m.-4 p.m. Contact Natalie Hollingsworth at (601) 679-

2340 for additional information.

All taxpayers should bring with them all their W-2s, Social Security cards, interest statements, and any other tax related documents.

Some common tax documents are 1098 Mortgage Interest Paid, 1098 Tuition and Fees payments, receipts for any day care expenses paid (please ensure that the daycare providers EIN or Social Security number is included in the receipt), unemployment compensation, and social security benefits. Bringing a prior year tax return is recommended, but not required.

Please be advised that if you are claiming the First Time Homebuyers Credit, you will not be able to electronically file your return. You must paper file and send a copy of your Settlement Agreement to the IRS.

For any questions, please contact LN1 Alfredo A. Luhers at (601) 679-3021 or Natalie Hollingsworth at (601) 679-2340.

Navy League Scholarship details announced

What is it? Each year, the Meridian Area Navy League awards two \$500 scholarships to deserving students to help with costs of higher education. This year, however, the organization will bestow two \$750 scholarships!

Who is eligible? Dependent spouses and children of active duty military members currently serving at NAS Meridian; dependents of retired military members who previously served at NAS Meridian and now live in the local area; and NJROTC cadets from local area schools are eligible for the scholarships. Applicants must plan to attend either an accredited junior college or an accredited four-year college or university.

What is the deadline for applications? All applications postmarked by Friday, June 18, 2010, will be considered.

Where can I get an application? You can pick-up an application at the NAS Meridian School Liaison's Office, Building 255, Room 171, phone: 601-679-2473, or you may get a form at the East Mississippi Business Development Corporation office in Union Station on Front Street in Meridian, phone 601-693-1306.

Where do I send my application? Applications should be mailed to the Meridian Area Navy League, P.O. Box 790, Meridian, MS 39302-0790, or hand-delivered to the EMBDC

in Union Station. Deadline: June 18, 2010.

When will the selections be announced? The scholarship committee, consisting of three members of the Meridian Area Navy League Board of Directors, will evaluate all applications. The committee will present the selected applicants and alternates to the Navy League Executive Committee for approval prior to awarding scholarship funds. Recipients will be announced by Thursday, July 15, 2010.

Funds, which are to be used toward the cost of tuition, fees, and books, will be presented in the form of a check payable to the college the applicant will attend.

Let's quit tobacco! CDC/SAC Announcements

Smoking Cessation classes are available, free of charge, to anyone who smokes or uses tobacco, through the ACT Center located at Riley Hospital in downtown Meridian.

Classes are offered on Thursdays, both mornings and evenings, and are conducted weekly for six weeks with followup aftercare. Various smoking cessation tools and medications are provided at no charge.

The next scheduled session begins March 18 and is limited to 20 people. Anyone interested can register by calling Sharon Davis at (601) 484-3374.

Become a child home provider! Independent work environment, flexibility, income, education and training, information and resources, with transferable benefits. Ages are infants to pre-schoolers.

The Child Development Home Professional gives providers an opportunity to work in their homes and watch their own children grow and develop while caring for children of military families as well. For more information on becoming a

certified Child Development Home Care Provider, call (601) 679-2652 and ask for Deridre Odom or Stephanie Nicholson.

The School Age Care Center also offers before and after care for students Monday-Friday.

Hourly care is avilable at the Child Development Center.

Family Education Class will be held March 25, from 11:30 a.m.-12:30 p.m. at SAC. Topic: "Curriculum, Assessment and Your Child."

ATV instructor sums it up: 'Wear your gear and get trained'

Kevin Frantum has taught the basics of ATV safety to more than a thousand Marines at Camp Pendleton during the past few years. A couple things have become very clear to him.

"Everybody thinks they can drive a car, ride a motorcycle and ride an ATV," he says. When he watches them get behind the handlebars, though, it's a whole other story.

"People start out thinking ATVs are toys," he explains. "They think ATVs won't tip over, for example. They don't seem to have much respect for them." Frantum, who also teaches advanced off-road courses off-base on weekends as a business, says that it isn't just kids who need an attitude readjustment, but adults, as well.

"Anything that will do 35 miles per hour or better over terrain is something you need to learn how to handle. Many of those ATVs have 400cc-plus engines, but people don't look at them like high-horsepower, high-performance vehicles."

Part of the lack of respect may derive from the fact that you don't need a separate license for ATVs.

Yet, he says, lots of ATV riders seem content to learn by trial and error. The errors aren't always minor. An avid and experienced rider, Frantum has seen plenty of mishaps. He often rides in the desert and has been first on the scene a few times. When the helmet comes off, he can always tell when it's a local service member. "I had a young Marine almost hit my brand new camper once," he

recalls. The Marine's ATV skidded to a halt 20 feet from the camper, but the Marine broke his collarbone.

Frantum saw a teenaged girl seriously injure her back on a recent Sunday. "She came by and caught a rut," he explains. "Most people get back up. She just lay there." Frantum, who always carries a cell phone, called for an ambulance. His wife, an instructor and a licensed vocational nurse, is well-equipped to tend injured riders until the ambulance arrives.

The causes of mishaps? Excessive speed and "just plain carelessness." He doesn't think terrain is necessarily the problem. "You just need the right techniques for the terrain," he says. He has had a couple himself, the most recent when he stalled on a steep hill. As always, his protective gear paid off.

"A lot of riders test their limits," he says, and sometimes that test goes too far. "Or complacency sets in. They think, 'I've ridden this trail a hundred times.' But terrain changes. Ruts appear or get deeper. Another common error is to slack off on the PPE when the temperatures start to climb. But he insists that six things are mandatory and not weather-dependent: helmet, goggles, gloves, long pants, long sleeves and boots that cover the ankle.

He is puzzled by the trial-and-error attitude, especially because ATV manufacturers offer rebate incentives, ranging from \$50 to \$150 and free training, if new owners will get training.

ATV Safety Tips

1. All ATVs don't handle the same way. For example, most have separate front and rear brake controls, but others have linked brakes operated by a single control. Learn the recommended stopping techniques for your machine.

2. Never operate an ATV or ride as a passenger without a high-quality motorcycle helmet, eye protection, boots, gloves, long pants, and a longsleeved shirt or jacket. Gloves protect your hands from cold and injury. Off-highway-style gloves have padded knuckles to help prevent bruising.

3. Wear a pair of strong, over-the-ankle boots with low heels to help keep your feet from slipping off the footrests.

4. A face shield or goggles will protect you from flying debris and low-hanging branches. They should be made of a hard-coated polycarbonate, and kept fastened securely.

5. Practice riding on a large, flat, open practice area, free of obstacles.

6. To keep your balance while riding, keep both hands on the handlebars and both feet on the footrests.

7. Have a plan before you ride. Make sure someone knows where you're going to be riding and when you plan to be back. Ride with at least one friend, and keep track of each other.

The ATV safety class is four and a half hours on the range, punctuated by several 10-to-15-minute lectures. He teaches the basics: getting on, starting, turning, stopping, crossing obstacles and hills. He uses 4-by-4s as the obstacles. In all these exercises we are teaching correct techniques. After the class, he says, "A lot of

the students tell me they learned quite a bit."

If you haven't taken a class, he can sum up his experience in six words: "Wear your gear and get trained." Riding ATVs is a lot of fun. Wrecking them and getting hurt isn't.

-- From Naval Safety Center

Emergency Management and You

If you want to know about AtHoc? Emergency Management has the answer...

AtHoc is the Networks Emergency Mass Notification System. It provides enterprise-class alerting software for physical security, force protection, personnel accountability, and critical communication. Millions of end users worldwide, in organizations like the U.S. Air Force, U.S. Army, U.S. Navy, Hawaii State Civil Defense, U.S. Patent and Trademark Office, Boeing, PricewaterhouseCoopers and eBay, rely on AtHoc's unified management systems for their emergency alerting and critical communication needs. AtHoc's enterprise-class solutions can be used from the tenant unit level to the base/installation level and up to an entire command and beyond.

The use of AtHoc for defense and the

military is a command-wide emergency notification. When a military installation faces a threat -- whether from a pending tornado or potential attack -- not only are the installation and its personnel at risk, national security hangs in the balance.

Today, there are more than one million military personnel being protected by AtHoc's network-centric emergency alert and management solutions, to warn reliably and account for them during critical situations and emergencies. AtHoc's solutions provide the DoD with the capability to reach hundreds of thousands of people via PCs, personal digital assistants (PDAs), land and cell phones, pagers, Blackberries, and giant voice systems in real time.

With the addition of AtHoc's unified alert management console, operation centers and command posts can do this through a single Web-based console. AtHoc's solutions help the diverse directorates of the

DoD meet their force protection and personnel accountability needs.

In the Operations Directorate, the command post staff can provide installation personnel with quick access to critical information. In Communications/Electronics Directorate, the IT personnel can use their existing IP networking infrastructure to distribute information to all network-connected devices. The Personnel Directorate groups responsible for personnel and physical security can better

protect installations through timely alert dissemination as well as response tracking for personnel accountability.

The AtHoc system has many emergency systems to notifying a command during a disaster such as the Installation Warning System, the Multi-tenant Installation Warning System, Command Warning System, the Regional Warning System, the Personnel Accountability, and the Operations Center Alerts. The Installation Warning System strengthens readiness with the ability to notify personnel within an installation or base. For the Multi-tenant Installation Warning System, military installations contain multiple tenants units. Therefore, this type of organizational structure can create a complicated alerting problem. AtHoc's solutions allow

● **Emergency Management, page 8**



Annapolis, Maryland

Naval Academy midshipmen assist snowbound citizens

By Jessica Clark
U.S. Naval Academy Public Affairs

ANNAPOLIS, Md. (NNS) -- In the wake of record-setting snowstorms for the Naval Academy and Annapolis area, midshipmen volunteered Feb. 11 to clear snow from local driveways, walkways and rooftops to support the local community.

"In the city there were countless elderly folks who were not able to clear their driveways, folks who needed to get snow off of their roofs before it possibly caving in," said Midshipman 1st Class Penetekoso Peau, of Pago Pago, American Samoa. "We volunteered out in the City of Annapolis because it was the right thing to do."

Individually and in groups, midshipmen pitched in to help, both in the downtown areas near the Academy and in the neighborhoods of their local sponsors.

"I originally went out by myself, but after the first 10 minutes of helping more midshipmen came out to help," said Midshipman 1st Class Mark Roncoroni, of Burnt Hills, N.Y. "We ended up sticking together, making it into group effort."

"I wanted to help because I love this city and the people. They have been very kind and friendly to me..."

Midshipman 1st Class
Mark Roncoroni

"I wanted to help because I love this city and the people. They have been very kind and friendly to me for as long as I have been here and I have only had good experiences out in town," Roncoroni added.

The citizens of Annapolis were appreciative of the midshipmen's efforts, and offered food, water and sometimes money, which the midshipmen declined.

"People were very appreciative of our help and always thanked us," said Midshipman 2nd Class Jonathan Longo, of Staten Island, N.Y.

"We received many thanks and bottles of water as appreciation for helping them," said Midshipman 2nd Class Casey Powell, of Brandon, Miss. "Many people gladly gave us extra shovels

when they were finished with them so that we could use the shovels to help others."

While midshipmen did their part in town, others helped classmates dig their own vehicles out of the snow. Midshipman 2nd Class Chris Hoffmann, of West Valley City, Utah, and some of his fellow members of the Navy baseball



Photo by MCC Dennis Herring

U.S. Naval Academy midshipmen lend a hand by shoveling sidewalks and helping stranded motorists in the streets surrounding the campus. According to the National Weather Service, the greater Washington D.C. area accumulated approximately 60 inches of snow in the course of less than one week.

team helped clear snow from cars stuck in the parking lot at Bancroft Hall.

"Being from Utah, I have some experience digging people out of the snow," said Hoffmann. "I also know the joy of driving a rear wheel drive pickup in the snow which is nearly impossible. The same guy got stuck three times trying to

get out of the parking lot."

For years, community service has remained an important element of life at the academy, with many midshipmen volunteering their time and talents to help others. "We all did this not just as a good deed," said Peau, "but because there were people in need and this had to be done."

End of an era: Navy phases out enlisted field service records

MILLINGTON, Tenn. (NNS) -- Like wash khakis and dungarees, the old brown-folder enlisted field service record (FSR) will soon become a thing of the past as the Navy eliminates the paper record in 2010.

NAVADMIN 040/10, released Feb. 3, outlines the Navy's plan to close-out the FSR by Sept. 30.

Service record information will now be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR). Officer field service records have already been eliminated.

The Navy first implemented ESRs in 2006. Accessible through a secure Internet connection, the ESR provides access to personnel, training and awards

data for individual Sailors, Personnel Support Detachments (PSDs), personnel offices holding service records, Navy Operational Support Centers and customer commands of PSDs. A shipboard version is available through NSIPS Afloat for Sailors at sea with limited bandwidth.

PSD Memphis began closing out records for Sailors at Navy Personnel Command (NPC) last year as part of a field test.

"It went pretty well. There are a lot of tools online that can help you locate things you need from your electronic service record," said Personnel Specialist 2nd Class Kelvin Turner, assigned to PSD Memphis. "We have not noticed much of a hiccup."

All active duty and drilling Reserve Sailors can access their ESR by signing up

for a self-service ESR account on the NSIPS Web page at <https://nsips.nmci.navy.mil/> using a Common Access Card (CAC)-enabled computer. Sailors can view their own records, as well as make minor changes, including emergency contact information, home and mailing address, official email address and other personal information. Navy Reserve Sailors can also input their civilian employment information.

NPC began implementing FSR close-outs early this year. According to the NAVADMIN, ESR allows for global transactions for medals and awards, training and education, personnel qualification standards (PQS) and routine administrative remarks, as well as creates electronic forms that can be printed and signed when a hard copy is required.

Commanding officers, executive officers and command master chiefs can obtain command-level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager.

A much smaller version of personnel documents, such as Record of Emergency Data, Service member's Group Life Insurance, Security Clearance Eligibility Certification and Family Care Plans are still required to be maintained by the command to support associated programs.

NPC is conducting training at PSDs throughout the fleet to make the transition as seamless as possible.

For more information, read NAVADMIN 040/10.

NAS Meridian Chapel

211 Fuller Road, NAS
Meridian

*Protestant
Sunday Services
9 a.m.
Choir Practice
at 8 a.m.*

*Catholic Mass
Sunday 5 p.m.
Choir Practice
at 4 p.m.*

*Wednesday
Prayer Lunch
11:15 a.m.*

*Come Worship
With Us!*

*Call (601)
679-3635*



Find out what's
"For Sale...Or",
page 16

USS Carl Vinson gets well deserved down time

By MC2 Sunday Williams
Navy Public Affairs Support Element-East
Detachment Southeast

JACKSONVILLE, Fla. (NNS) -- USS Carl Vinson (CVN 70) stopped at Naval Station Mayport, Fla., for some much needed liberty Feb. 6 on their way home from relief efforts in Haiti.

Capt. Bruce Lindsey, commanding officer of Carl Vinson, said many members of his crew had never been to sea before and this was one of the best ways for them to get their start.

"Humanitarian assistance is one of the Navy's primary missions so if you have to start somewhere, this mission was the best," said Lindsey. "Coming out of the yards

straight into a mission where the crew knew there was a reason for their underway and knowing that it was something that would impact so many lives in such a positive way, I believe they will take the experience with them throughout their lives and careers."

Lindsey said the crew really accomplished a lot during their time in Haiti.

"The helo guys flew 2,226 helicopter sorties, made 1,783 food drops, including 89,000 gallons of water and almost 40,000 pounds of medical supplies. We also did 476 MEDEVACs (medical evacuations)," Lindsey said.

Carl Vinson operated about 3 to 5 miles off the coast of Haiti and sent hundreds of crew members ashore to deliver



Photo by MC2 Daniel Gay

MAYPORT, Fla. -- The aircraft carrier USS Carl Vinson (CVN 70) transits into the St. Johns River to Naval Station Mayport. Carl Vinson is taking part in Southern Seas 2010 as part of a scheduled homeport shift from Norfolk to San Diego.

er food, water and medical supplies. The ship also delivered over one-million pounds of medical aid during their days assisting Haiti and, according to Lindsey, his crew

has earned their down time.

"My Sailors have earned their liberty, we have been underway for 24 days and to many Sailors that seems like nothing, but my crew has never been underway for longer than 12 days and they worked very hard and I am happy to give them their well deserved break," said Lindsey.

Carl Vinson will resume security cooperation activities with partner navies in the region while transiting to its homeport in San Diego.

Carl Vinson was conducting routine training off the coast of the United States when the magnitude 7.0 earthquake struck southern Haiti. On virtually no notice, the U.S. Navy dispatched the carrier and its support ships to the scene. The carrier embarked additional helicopters and humanitarian relief supplies while transiting south along the coast of Jacksonville, Fla.

BABY CALENDARS ARE IN!



The Meridian Star
814 22nd ave.

Come by Monday-Friday, 8:00am-5:00pm

Find out who
earned their Wings,
page 11

TEXAS LAND FORECLOSURES!

20/40 acre tracts.
Near growing EL Paso - proposed
travel/space center!
No Credit Checks/Owner Financing
Money Back Guarantee
0 Down. Take over \$159 per/mo
800-843-7537
www.sunsetranches.com

Navy News Briefs

Navy leadership bids farewell to Representative Murtha

WASHINGTON (NNS) -- The U.S. Navy leadership expressed their deepest condolence for the death of Representative John Murtha (D-PA) at Virginia Hospital Center in Arlington, Va.

Secretary of the Navy Ray Mabus thanked Murtha for a life of service to the nation.

"The Navy and Marine Corps extend its deepest sympathies to the family of Chairman Murtha during this difficult time. Both in uniform and in the halls of Congress, Chairman Murtha dedicated his life to serving his country, both in the Marine Corps and Congress. His unwavering support of our Sailors and Marines, and in particular our wounded warriors, was well known and deeply appreciated. The men and women of the naval service and all who have served will sorely miss this strong proponent of self-

less service to our nation," said Mabus.

Chief of Naval Operations Adm. Gary Roughead said the Navy has lost a huge supporter.

-- From Defense Media Activity-Anacostia

New detailing business rules improving fleet manning

MILLINGTON, Tenn. (NNS) -- February marks the fifth month since the Navy implemented new rules for detailing Sailors using Career Management System Interactive Detailing (CMS/ID), the Web-based program Sailors use to review and apply for permanent change of station orders (PCS).

"We have been through four complete cycles of the new CMS/ID process and we like what we are seeing," said Rear Adm. Mike Shoemaker, assistant commander of Navy

Personnel Command (NPC), which issued more than 88,000 sets of PCS orders last year.

NAVADMIN 249/09, announced enhancements to the CMS/ID system including increasing Sailor choice, adjusting the orders negotiation window and a requirement to fill all red zone requisitions each cycle.

CMS/ID uses color coding to identify jobs. The majority are displayed in the green zone and are considered open requisitions. Global Support Assignments are displayed in the purple zone. Immediate requisitions -- the most critical fills that could directly degrade mission capability if unfilled -- are displayed in the red zone.

Under the new detailing rules there are fewer of these red zone billets displayed, but all will be filled each cycle. All Sailors in the negotiating window are considered eligible for assignment to a red zone requisition.

"We are seeing our most critical billets filled," said Vicky Fabian, assigned to United States Fleet Forces Command, Manning Control Authority Fleet.

● Sailor of Year

Meridian and share in the experience with the other first classes."

All 18 candidates for the Southeast Region gathered and participated in a host of activities at Naval Air Station Jacksonville, Feb. 2-5.

The week began with an informal reception, where Command Master Chief Joseph H. Curtin, CNRSE Regional Command Master Chief, announced who among the 18 outstanding Sailors had been chosen to continue in the competition.

In addition to Hinson, the other Sailors chosen to compete included Aviation Warfare Systems Operator 1st Class (NAC/AW) James R. Davis of Naval Air Station Key West, Mass Communication Specialist 1st Class (AW) Monica R. Nelson of Commander, Navy Region Southeast, and Master-at-Arms 1st Class (SW/AW) Dary R. Sampy of Naval Air Station Pensacola.

"These Sailors represent the best the installations have to offer, so this week is about them and their families," Curtin said. "Last year it was just the top five that were invited to Jacksonville, but this year Admiral Alexander allowed all of the region's SOYs to participate."

The eventual winner of the Regional SOY competition was Master-at-Arms 1st Class (SW/EXW) Jeffrey C. Lee of Naval Station Ingleside. He returned from his second tour with Task Force 134 in Iraq at the beginning of 2009, having earned his Expeditionary Warfare Qualification. He served as Ingleside's installation training officer, Security Department training officer, and Security Department leading petty officer. Lee also earned two associate's degrees.

The top five selectees spent the week being mentored by command master chiefs from different installations, preparing for the SOY board, and researching a five-minute speech about a historic military

battle.

Hinson said his most memorable experience came during the banquet when he and the other five finalists had to present their five-minute speech.

"We had about a day to prepare and it was difficult, but challenging," Hinson said.

Sailor of the Year week presented many opportunities for the participants, including private tours of the Budweiser Brewery and Jacksonville Jaguars' stadium, major employers in the Jacksonville community that actively support the military. The group also had an opportunity to tour St. Augustine, the oldest city in America.

"We chose to include visits to the Jacksonville Municipal Stadium and Budweiser Brewery to nurture the relationship that exists between these major employers, military supporters, and the Navy," said Curtin. "We receive excellent promotions for our Sailors to attend NFL

games and theme parks such as Busch Gardens, Sea World, and others."

SOY week is much more than scheduled visits and tours; the Sailors benefited from each other's extensive experience in different ratings, varied years of service, and assignments around the world.

Last year's winner, now Chief Master-at-Arms (SW/AW) Larry Thomas from Naval Air Station Key West, said the gathering of these future leaders is an excellent opportunity to network within the Navy. As these first class petty officers transition to chiefs, the shared experiences with other ratings will help them understand the "big picture."

The week culminated in a formal banquet at the prestigious Tournament Players Club Sawgrass, the Professional Golfers' Association Tour headquarters, where the winner was announced.

MM3 Juan Pinaldez, Region Southeast Public Affairs, contributed to this story.

● Security

NAS Meridian's Security Officer Lt. Michael Duwel felt pleased and had a sense of pride with all the upgrades that were done to the building.

"We were able to do upgrades to our dispatch to better work with 9-1-1 and the police department of the local area," Duwel said. "We provided lockers for our personnel to store their gear and equipment. This is one of the quality of life upgrades for them."

The new security building is equipped with an interrogation room, dispatch and an intoxilyzer room. The intoxilyzer room has a breathalyzer machine that estimates the blood alcohol content from a breath sample. Building 423 has a back up generator that will sustain operations

in case of a power outage.

Senior Chief Master-At-Arms (SS/SW) Ronald Banister, assistant security officer, said the building location makes it accessible to all other base operations.

"People will now know where the security building is," Banister said. "Our old building ... hid us from everybody. With this new location, they can now reach us because we are centrally located."

The work in Building 423 included all new interior finishes, lighting and fire protection, and other upgrades.

"Personnel on board NAS Meridian, both military and civilians, as well as visitors can now take pride in the more spacious and new location of the security office," Duwel said.

● Emergency Management

multiple tenants within an installation to use a single alerting system. The Command and Regional Warning System deploys a centralized solution for command-wide alerting, that allows each command post controller to trigger alerts to their local personnel, at the same time as the HQ level alerts can be sent out to all personnel across the entire command. The services are beginning to standardize on emergency notification solutions to disseminate alerts throughout an entire service within minutes. AtHoc provides an emergency alerting solution that meets the needs of the world's largest and most distributed organizations. Using AtHoc's solution, an entire region alerts and reaches

out to millions of personnel. The accountability of personnel is a quick count for the status of all personnel during emergency situations, at any time, regardless of their location.

The Operation Center Alert has commanders and warfighters that need the ability to immediately respond to threats with automated monitoring and notification of events and changes in security conditions and threat levels. They also deliver target alerts in real-time based on role, self-subscription or need-to-know status, and ensure situational awareness. Still have any questions, comments, or concerns on more info on AtHoc contact Emergency Management.

-- By Emergency Management Staff

NTTC welcomes Rear Adm. Heinrich, presents awards



NTTC Meridian Class 10020 from YN "C" School have earned their place in the Fleet as the Navy's newest flag writers after a graduation ceremony, Feb. 5. These Sailors will report for duty to serve as personal staff with flag and general officers, and civil service senior executives throughout the Department of Defense. First row from left: YN1 Cassandra Soumphonphakdy, YN2 Tina Colding, YN2 Elizabeth Monroe, YN1 Edward Rencher and YNCS John Perez; second row from left: YN1 Cody Harmon, Staff Sgt. Jose Hernandez, YNC Daniel Green, YN2 Shaun Sheen and YNC Todd King.

Photos by Tom Childress



Rear Adm. Mark Heinrich, Commander Fleet Industrial Supply Center, San Diego, presided over the recent "A" Schools and Yeoman "C" School graduation. At the end of the ceremony, Robbie Shehane, YN "C" School English Instructor, presented Heinrich with a Mississippi State Quarter to remember his visit.



On Feb. 9, Cmdr. Rusty Bownds recognizes LSC(SW/AW) Anna Boyce as NTTC's Senior Instructor of the Quarter, 4th Quarter 2009. Chief Boyce's performance of duties as Logistics Specialist School Course Supervisor contributed significantly to NTTC's overall mission of providing quality military and technical training while developing motivated Sailors and Marines.



On Feb. 9, Cmdr. Rusty Bownds recognizes YN1(SW/AW) Chris Byard as NTTC's Junior Instructor of the Quarter, 4th Quarter 2009. Petty Officer Byard's performance of duties as Yeoman "C" School Course Supervisor contributed significantly to NTTC's overall mission of providing quality military and technical training while developing motivated Sailors and Marines.

Photos by Tom Childress

Meridian Symphony invites military to next concert, gives discount ticket price

The Meridian Symphony Orchestra continues to "Brave the Elements" in its next concert at the MSU Riley Center on Saturday, March 6 at 7:30 p.m.

"Water" and "Air" behind, the approaching theme is "Fire", with an evening of glorious music in store. There will be selections for all tastes and ages provided by composers of diverse backgrounds, and each number with "fire" in the offerings.

The concert is made possible through funding by The Riley Foundation. The Foundation requested that the concert be dedicated in memory of Emma McCain, a long-time supporter of the Meridian Symphony, whose love of music continued throughout all her life.

March 6 concert, featuring solo violin, is especially appropriate given the many years McCain spent playing violin with the Meridian Symphony.

Guest artist Elena Urioste, the highly acclaimed young violinist, will join

Symphony Concert

When: March 6

Time: Pre-concert lecture begins at 6:30 p.m., concert at 7:30 p.m.

Where: MSU Riley Center

Tickets: Call MSU Riley Center Box Office (601-696-2200)

Prices: \$30 and \$35,

Student: \$10

Military Special: \$5 off adult ticket

Meridian Symphony for the performance of Edouard Lalo's "Symphony Espagnole."

Urioste has been hailed by critics and audiences alike for her rich tone, the nuanced lyricism of her playing, and her commanding stage presence. Since making her debut with the Philadelphia Orchestra at age thirteen as winner of the Greenfield Competition, she has appeared as

soloist with major orchestras throughout the United States including the Cleveland Orchestra, Boston Pops, National Symphony Orchestra, Atlanta, Detroit, Pittsburgh, Baltimore, New Mexico, and San Antonio Symphony Orchestras.

Urioste debuted at Carnegie Hall in 2004 and has returned annually to that esteemed venue's Stern Auditorium as soloist. In 2009, Urioste also made her debut at Lincoln Center's Alice Tully Hall with award-winning conductor Alondra de la Parra.

Urioste's media appearances include multiple performances on the popular radio programs From the Top and Performance Today, as well as on Telemundo. She has been featured in the Emmy award winning documentary Breaking the Sound Barrier, and in numerous magazines including Symphony, Strings, Careers and Colleges, and Philadelphia Music Makers. Urioste's first CD was recently released on the White Pine label.



Elena Urioste



Snow Day February 12, 2010

Photos by MC2 Flordeliz Valerio

Six aviators earn 'Wings of Gold' in February ceremony

There was a naval aviator designation ceremony, Feb. 12, in the Chapel at NAS Meridian. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition.

It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

The guest speaker was Rear Admiral Mark Fox, Commander, Naval Strike and Air Warfare Center.

Four U.S. Navy and Marine Corps aviators and two French navy pilots received wings of gold. They were:

Lt. j.g. Victor Barger, USN, who was named to the Commodore's List with Distinction during Primary and Advanced Flight Training. He was VT-7's Student of the Month for January 2010, and he was designated a Chief of Naval Air Training (CNATRA) Distinguished Naval Graduate. During Total Strike Training, he earned three Navy "E's" for bombing accuracy and received

the CNATRA "Top Gun" award for outstanding achievement in Air Combat Maneuvering. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Dec. 15, when he was named "Best at the Boat" for that carrier qualification evolution. Barger completed Total Strike Training with Training Squadron Seven;

Ensign Pierre-Henri Chuet, French navy, who earned six Navy "E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Dec. 15. Chuet completed Total Strike Training with Training Squadron Seven;

Lt. j.g. James Gilbert, USN, who earned three Navy "E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Dec. 12. Gilbert completed Total Strike Training with Training Squadron Seven;

Ensign Thomas Meslin, French navy, who carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Dec. 12. Meslin completed Total Strike Training with Training Squadron Seven;

First Lt. Mark O'Brien, USMC, who earned three Navy



Barger



Chuet



Gilbert



Meslin



O'Brien



Retterath

"E's" for bombing accuracy during Total Strike Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Dec. 14. O'Brien

completed Total Strike Training with Training Squadron Seven; and

First Lt. Joshua Retterath, USMC, who carrier

qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Dec. 15. Retterath completed Total Strike Training with Training Squadron Seven.

Airfield lighting project off to bright start in New Orleans

By Tammy Prine

Naval Air Station Joint Reserve Base
New Orleans Public Affairs

NEW ORLEANS (NNS) -- The airfield at Naval Air Station Joint Reserve Base (NAS JRB) New Orleans will soon be much brighter thanks to a \$14.9 million project funded under the American Reinvestment and Recovery Act.

Work on the stimulus recovery package airfield lighting project began the first week of February with a groundbreaking ceremony at the edge of the runway.

"The title of this project is a bit of a

misnomer," said Michael Scorsone, Navy Facilities Southeast, public works department construction manager. "The project includes demolition, removal and replacement of existing runway and taxiway lights with energy efficient LED lights, adding guidance signs, transformers and pads and much more."

"The deteriorated conditions of the existing runways and lighting are inadequate and increasingly unsafe," he said. "The goal of this project is to end up with a state-of-the-art runway."

The project was awarded to Atlantic Electric, LLC, from Charleston, S.C.

Company Vice President Michael Richer said his company is not new to this type of work.

"For more than 40 years our company has been working lighting systems for everything from small infrastructures to almost an entire city," said Richer. "After Hurricane Hugo devastated the Charleston area in September 1989, we were a major part of the recovery."

"This is a stimulus design/build project and with creating jobs and hiring local we are stimulating the local economy," he added. "I can't say exactly how many jobs we will create but this type of

project takes approximately 80,000 man hours to complete."

According to Cmdr. Chris Barcomb, NAS JRB operations officer, this upgrade to the airfield will benefit the base tenants and everyone who uses the runway.

In 1942, the Naval Air Station New Orleans, then located along Lake Ponchartrain in New Orleans, became a primary training base for student naval aviators," said Barcomb. "We continue in that same spirit as we pursue our goal of making JRB New Orleans the premier training base on the Gulf Coast.

● Airfield, page 13

Project CARE improves quality of life for wounded service members

By Michael T. Wiener
Naval Medical Center San Diego Public Affairs

SAN DIEGO (NNS) -- Service members injured while supporting Operation Enduring Freedom and Operation Iraqi Freedom embark on a long road to recovery when they return home. Naval Medical Center San Diego (NMCS) helps in this recovery through Project Comprehensive Aesthetic Recovery Effort (CARE).

Project CARE is a collaborative effort targeting revisions of scars and other skin lesions from injuries, surgeries and burns. Project CARE improves aesthetics and increases functionality. Each patient is individually evaluated to formulate a comprehensive treatment plan, with input from the patient's case manager and a team of medical experts. This multidisciplinary approach to care includes plastic surgeons, dermatology specialists, primary care providers, psychological counselors and case managers, to provide services such as; plastic, oral, oculoplastic, neuro and general surgery, dermatology, mental health care, chaplain services and support groups. Project CARE's diversity of treatment includes skin grafts, to laser surgery.

"Using this multidisciplinary 'total recovery' approach, we send one consistent message that we are

100 percent committed to delivering the finest care available to those who have given so much for our country," said Capt. Craig Salt, a doctor and NMCS plastic surgery department head.

Working as an extension of NMCS's Comprehensive Combat and Complex Casualty Care (C5) recovery program, Project CARE was created in an effort to bring together surgical, non-surgical, and mental health professionals throughout NMCS to meet the common goal of improving the appearance, function, and self-esteem of service members following traumatic injuries, according to Salt.

"Project CARE is definitely a resource [wounded service members] should take advantage of," said Chief Hospital Corpsman Aaron Seibert, whose combat injury left him with a 2-inch wide scar from his sternum to his navel. "Now it looks better, I feel less pain – doing crunches is a lot easier. I don't have the same twisting, torque feeling anymore."

NMCS dermatology also contributes to Project CARE. According to Lt. Cmdr. Peter Shumaker, a doctor and NMCS dermatologist, there are very few injuries that do not have skin manifestations; therefore, a consult in the C5 dermatology clinic would benefit most combat injured patients. Using the latest technology, NMCS dermatologists have significantly

improved the range of motion, pigmentation and texture of scars.

Although unable to completely erase scars, dermatologic laser treatments have improved the appearance and functionality of the injured area. Dermatologists have had particularly good success with "traumatic tattooing," or powder burns from explosions, that often leave grayish black marks on the skin. Laser surgery decreases the visibility of such marks, according to Cmdr. Nathan Uebelhoer, a doctor and NMCS dermatologist.

"Some patients we've had with us for a long time hit a plateau," said Alma Avila, C5 certified occupational therapist. "When they came back from seeing the dermatologists, we saw great improvement in their functionality. The increased range in motion helps us as therapists to rehabilitate our patients further."

The teamwork between Project CARE and C5 staff provides a greater opportunity to improve the quality of life for injured service members, according to Uebelhoer.

For referral information, please call (619) 532-6950. For more information about Project CARE, visit <http://www.med.navy.mil/sites/nmcsd/Patients/Pages/ProjectCARE.aspx>.

INTRODUCING OUR NEWEST (AND TINIEST) BRANCH.



With simple text commands, you can check balances, transfer funds between Navy Federal accounts, make payments on Navy Federal loans and more. Plus, payment reminders, balance alerts and deposit confirmations will leave you with less to worry about.

**NAVY
FEDERAL**
Credit Union

Join today! Serving the DoD and their families.

To sign up or learn more, visit navyfederal.org.

CO Suggestion
Boxes
are located at:
Galley
Security
Commissary
Air Operations

MCPON emphasizes path to success

MILLINGTON, Tenn. (NNS) -- The master chief petty officer of the Navy (MCPON) stressed the importance of the Brilliant on the Basics program during a visit to Navy Personnel Command (NPC) Jan. 27.

Brilliant on the Basics addresses six personnel programs every command should

use; sponsorship, indoctrination, career development boards, mentorship, individual recognition and a rigorous ombudsman/family outreach program.

"We have got to execute Brilliant on the Basics. Those are the basic programs that if a command does, it is going to be a better command and a more informed Sailor and family," said MCPON (SS/SW) Rick D. West, during an all hands call.

Sponsorship and indoctrination provide a solid foundation for newly reporting Sailors and their families. The Navy's Command Sponsorship and Indoctrination Instruction OPNAVINST 1740.3C details command requirements.

Career development boards, mentoring and individual recognition can build on the sponsorship and indoctrination foundation. They are designed to improve the ability of Sailors to achieve their professional goals.

"Career development boards have never been more important for our Sailors than today. Conducting and documenting career development boards sets a course for an individual Sailor's success and can be tailored throughout their career for continued growth," said West. Guidance is available in the Navy Enlisted Retention and Career Development Instruction OPNAVINST 1040.11C.

The Navy's Ombudsman

Program serves as a link between commanding officers and Sailors' families.

"We've got to continue to invest the right amount of training mixed with the right amount of conversation and mentoring because our Sailors are the most important asset we have," said West.

West visited NPC to receive briefs on the latest personnel policy and program changes and the impact on Sailors and their families.

For more information, including a Brilliant on the Basics guide, visit NPC's Web site <http://www.npc.navy.mil/>.

From Navy Personnel Command
Public Affairs

"IT'S ALL ABOUT ME"

Your photos will
be featured in
The Meridian Star
the last day of
each month

Types of photos
include: birthday
parties, proms, getting
ready for your wedding,
pets, holiday get-
togethers, vacations,
reunions, sporting
events, tail-gating, etc.

**DEADLINE 24TH
OF EACH
MONTH**



Maggie Caroline Hardin, 8
Ryan Bishop Hardin, 4
Halloween 09



Maggie
Caroline
Hardin, 8
Ryan Bishop
Hardin, 4
Destin, FL
Nov. 09

Email pics in jpg format to
sreede@themeridianstar.com or
mail to "It's All About Me"
c/o The Meridian Star
P.O. Box 1591, Meridian, MS 39302

** Birthday & memorial pics excluded.*

Names: _____

Event: _____

Dates: _____

THE MERIDIAN STAR
YOUR STAR. YOUR WORLD



MIDTOWNE APARTMENTS

- 2 BDR. 2½ BA.
- 1100 Sq. Ft.
- Gated Community
- Carport Or Bonus Room
- Central Heat & Air
- Washer & Dryer
- Convenient To Downtown
- \$800/month

801 25TH AVE • 601-693-1383

We can frame anything!

Military Patches,
Wings, Paintings,
Prints, Photos, Mirrors,
Diplomas, Puzzles
Keepsake Items:
jerseys, christening
gowns, wedding
bouquets, fishing
lures, etc.



**Custom Frame
& Gift**

601-483-5595
4900 Poplar Springs Dr.
Hours: Mon-Sat 9am-3pm

● Airfield

"This project will contribute to a safer, more capable operational and training environment that our tenants and detachments can take full advantage of. Our hope is to continue to provide exceptional air traffic, transient and local services while we improve our infrastructure. Without a doubt, the efforts of our tenant squadrons, Atlantic Electric, and the professionals on the JRB New Orleans team will produce an exceptional aviation facility we will all be proud to call home."

Other elements of the project include wave-off lights, extended approach lighting system, night vision device additions, conventional helipad lighting and the installation of an instrument landing system to the longer of the base runways.

The project is expected to be completed in the spring of 2011.

The Petty Officers
Association meets on
the 1st and 3rd
Thursday of each
month at 2 p.m.
in the
conference
room at Air
Operations.



MWR Mission First... Sailors Always

Frequent diner program introduced at MWR restaurants

By Matt Davis
MWR Marketing Manager

As a way to say thanks to our valued customers, MWR recently introduced frequent diner program at its restaurants.

The cards reward customers for eating regularly at the MWR dining facilities by giving them a free meal for every 10 meals they purchase.

"We wanted to say thanks to our great customers for regularly eating at all of the restaurants here on base," said Jennifer

Drury, MWR Recreation and Hospitality Manager. "We looked at this as an opportunity to attract new customers as well."

Customers may pick up these free cards at Mean Gene's, Mom's Diner or the Sandtrap. Each of the dining facilities has a card that is unique to that particular restaurant.

Another great thing about the program is that customers aren't limited to just getting a card for only one of the restaurants. Customers may pick up frequent diner cards for each restaurant if they so choose.

Pit Stop Winner

PJ Crouch accepts his certificate for winning the Pit Stop Challenge from David Hatcher, MWR Parks and Picnic Manager, Feb. 9. Crouch won the challenge, in which contestants had to change a tire in the quickest time possible. The winning time was 55.7 seconds. PJ received two tickets to the April 25 NASCAR Sprint Cup Series Race at Talladega Superspeedway where he will get to see his favorite driver, Carl Edwards, in action.



Photo by Matt Davis

Rudders renovations complete



Jen Drury, MWR Recreation and Hospitality Manager, gets insight from Herbert Joyner about the renovations that are completed at Rudders. Also pictured are Derrick Burton and Dewitt Singleton.

Photo by Matt Davis



WEDNESDAY:
NTTC/MATSS-1/TW-1
Student Special \$2.50
a game (includes shoes)
from 5-10 p.m.
THURSDAY: RCTA visiting
police officer special- \$2.50
a game (includes shoes)
from 5-10 p.m.
FRIDAY: Colored Head Pin
Night \$2.50 a game and
\$1 for shoe rental 5-11 p.m.
(win a free game with a strike
on the colored head pin)
SATURDAY: Family Special
1-11 p.m. \$2 a game
(includes shoes)

**HAVE A BOWLING
BIRTHDAY PARTY
AT MCCAIN REC
CALL 679-2651
FOR RATES.**



Tuesday Night Mixers

1st: Spin Doctors
2nd: Duncan's Downfall
3rd: NBHC1
4th: Misfits
5th: Semper Gumby
6th: Pinheads
High Rollers:
Jimmy Rodgers (209)
Angel Gibson (205)

SINGLE SAILOR & MARINE PROGRAM

The following are activities scheduled for single and unaccompanied active duty military onboard NAS Meridian. For information or if you have an idea for a trip or event, call (601) 679-2623. The Liberty Center is in Building 220. Open Sunday-Thursday from 11 a.m.-9 p.m.; and Friday-Saturday from noon-11 p.m.

February

- 18:** Liberty Bowl ~ FREE bowling to all NTTC/MATSS-1/TW-1 students at McCain Rec Center from 6-9 p.m.
- 20:** Georgia Aquarium Trip ~ Leave the Library parking lot at 6 a.m. Must register and pay for the trip by Feb. 16. Cost is \$50/person. Minimum of 20 people needed for trip to run. NO REFUNDS (unless the trip is cancelled).
- 21:** Dog Day Sunday ~ FREE hot dogs, chips and soda served to Liberty participants beginning at 1 p.m. in the Liberty Center.
- 23:** Ping Pong Tournament ~ Register at check-in desk, tournament begins at 7 p.m. Prizes will be awarded to the winner so bring your "A Game".
- 24:** Birthday Bash!
A celebration of February birthdays! FREE cookies and soda will be provided at 7 p.m. in the Liberty Center.

Hot Soups Back at Sandtrap

**Try a bowl of delicious
Chicken Noodle or
Tomato Basil Soup
for only \$1.50.
Or you can add either to
any
sand-
wich for
only \$1.**



MWR

Mission First... Sailors Always

AT THE MOVIES

There are four scheduled movies per week at McCain Lanes Theater. The movies are shown at 6 p.m. on Tuesdays and Wednesdays; and at 1 p.m. on Saturdays and Sundays. On Fridays you can select from the 780 movies on file. Movies on this schedule will not be available for open viewing until after their scheduled showing date. Call (601) 679-2651.

Feb. 20: "The Princess & The Frog" (PG)

Feb. 23: "Pirate Radio" (R)

Feb. 24: "Ninja Assassin" (R)

Feb. 27: "Planet 51" (PG)

March 2: Alien vs Predator" (PG-13)

March 3: "Men Who Stare at Goats" (R)

March 6: "Old Dogs" (PG)

March 9: "Master & Commander" (PG-13)

March 10: Twilight: New Moon" (PG-13)

March 13: The Fantastic

Mr. Fox" (PG)

March 16: "The Box" (PG-13)

March 17: "Cirque de Freak" (PG-13)

March 20: "2010" (PG-13)

March 23: "The Fourth Kind" (PG-13)

March 24: "Couples Retreat" (PG-13)



Group Exercise Schedule:

Monday 11:15 a.m. ~

Cardio Kick

Tuesday 11:15 a.m. ~ Step

Aerobics & 3 p.m. ~ Spin Class

Wednesday 11:15 a.m. ~

Cardio Kick

Thursday 11:15 a.m. ~

Spin Class

3 p.m. ~ Step Aerobics

Friday 11:15 a.m. ~ Tone/Cardio

The NAS Meridian Fitness Center is now open in its temporary location in Building 266 (Behind Starbase Atlantis). Hours of operation will remain the same.

For more information call (601) 679-2367.

Join NAS Meridian Flag Football Team

MWR will cover the cost of the entry fee for one NAS Meridian team in the Meridian City Flag Football Association. Each player will be responsible for a \$10 registration fee that covers insurance that must be paid when the roster is submitted. No other fees will be covered by MWR (travel, jerseys, meals). The team should consist of military members (male and female), however the league will be played under male rules (not Co-Ed). The team representing NAS should be a diverse group of all commands. To register, call Angelia Caines at (601) 679-2367.

The Skeet Range is open every Sunday at

1 p.m. You must have own weapon registered at security.

For more information on all requirements call The Outpost at (601) 679-2609.



Meridian/NAS Bus Schedule

Have exact cash change ready when boarding the bus. Fare: \$4.

Union Station	MATSS-1	NTTC	McCain Lanes	Bonita Lakes Mall	Wal-Mart
FRIDAY					
4:35 p.m.	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	6:40 p.m.
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7 p.m.	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Drop off if any.....	
SATURDAY					
9:30 a.m.	10 a.m.	10:05 a.m.	10:10 a.m.	10:50 a.m.	11 a.m.
11:10 a.m.	12 p.m.	12:05 p.m.	12:10 p.m.	12:50 p.m.	1 p.m.
1:10 a.m.	2 p.m.	2:05 p.m.	2:10 p.m.	2:50 p.m.	3 p.m.
3:10 p.m.	4 p.m.	4:05 p.m.	4:10 p.m.	4:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	5:30 p.m.	
	6 p.m.	6:05 p.m.	6:10 p.m.	6:30 p.m.	
7:40 p.m.	7 p.m.	7:05 p.m.	7:10 p.m.	7:30 p.m.	
	8:10 p.m.	8:20 p.m.	8:30 p.m.	9 p.m.	
	10 p.m.	10:05 p.m.	10:10 p.m.	Pass. Drop off if any.....	
SUNDAY					
12:30 p.m.	1 p.m.	1:05 p.m.	1:10 p.m.	1:30 p.m.	
	2 p.m.	2:05 p.m.	2:10 p.m.	2:30 p.m.	
3:40 p.m.	3 p.m.	3:05 p.m.	3:10 p.m.	3:30 p.m.	
	5 p.m.	5:05 p.m.	5:10 p.m.	6 p.m.	6:05 p.m.
6:10 p.m.	6:40 p.m.	6:45 p.m.	6:50 p.m.	Pass. Drop if any	7:20 p.m.
Applebee's Restaurant (upon request only)					

First Tee Military Affiliate Program

The First Tee meets every Wednesday from 2-4 pm. at the School Age Care Center. In 2009, The First Tee began offering Character education and life skills training to children of military and civilian personnel stationed at 50 military installations within the United States. Another 50 based and 20 overseas bases will receive the program starting in 2010. The goal is to positively impact 87,000 young people and their families by mid 2012.

The First Tee Mission: To impact the lives of young people by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf. How to get involved: Sign up at the School Age Care Center today.

To learn more, contact the SAC Program at (601) 679-5252.



Exercise Equipment

ProForm XP 160 Elliptical Crosstrainer. Asking \$399.99. Like new - was used a handful of times. Call (559) 410-1608.

Big Stuff

10 hp. Coleman generator – used less than 6 hours. Paid \$1,100 asking \$500. Call (601) 323-1003.

Black 18-foot car/utility trailer. Heavy duty dual axles on both sides. Brand new, only used once, great for moving vehicles or furniture. Asking \$1,500. Call (601) 632-4567.

32-foot gooseneck tandem wheels and axels, 8 tires under a year old, also has hydraulic wench. Asking \$3,500. Call (601) 683-6884 and leave message.

Household Items

White Dinette Set. Table is 42-inches in diameter with 18-inch extension leaf, 4 armchairs with white vinyl seat and back cushions on white, tubular, tilt-back frame with casters. Call (601) 737-2120.

White Kitchen Micro-Vent Hood/Microwave combination. Used, but in excellent condition. Changed out to match other appliances. Call (601) 917-6935.

Leather sofa and recliner, great condition! Sofa has recliners on each end. Asking \$550. Call (904) 505-3797 or (601) 679-8716.

Very nice entertainment center. Remodeling must sell, asking \$100 firm. Call (601) 678-3460

Automobiles/Accessories

1980 Chevrolet El Camino, 60,000 miles, beautiful paint job, black w/gold trim, AT, AC, PS, PW, V-8, 305. No rust or dents. New starter, belts and water pump. All receipts. Looks and runs excellent. Asking \$4,500 OBO. Call (601) 692-6947.

1972 Chevelle, new paint, new tires and wheels, brakes, shocks, plugs) 307 chrome engine 2 sp powerglide transmission. Asking \$4,000. All original 109,000 miles. Call (601) 479-4960 or (601) 692-7353.

1997 Toyota Camry, high miles but runs great! KBB.com=\$2,400. Asking \$1,700. Call (601) 527-6331.

1998 Nissan Pathfinder 4x4, black with gray leather interior, power windows and locks, sunroof, heated seats. 169,000 miles. Good condition. New tires. Asking \$2,000 OBO. Call (601) 527-8260.

1998 GMC Sonoma 4.3 V6, 5-Spd Power Pkg, Ext Cab, 3rd door. Asking \$4,750. Call (601) 917-6935.

2001 Chevrolet Tracker, Good condition. Good on gas mileage. 124,00 miles, 5 speed, Convertible top. Call (601) 986-8378 or (601) 527-8166.

2004 Chevrolet Trailblazer LS, excellent Condition, 74,000 miles, Asking \$8,800. Call Matthew at (601) 513-0355.

2004 Honda Civic EX, excellent condition, new tires lights etc. Asking \$8,000. Call (601) 323-1003.

2007 Jeep Wrangler 17" alloy wheels/rims in brand new condition. All five rims are available and will only be sold together. Asking \$250. Call (601) 479-3308.

1986 Jeep CJ-7 with new paint, 4.0 liter engine, Browning Edition Best Top Soft Top, bikini top, hard top, rock crawler doors, door cases, new BF Goodwrench tires with Mickey Thompson rims, new stainless steel bumper,

Sale ... or

tire cover, dashboard and lettering all have camo, 4-inch Sky Jacker lift kit. Asking \$7,500. Call (601) 480-3303.

1994 Ford Bronco 5.8L Eddie Bauer 4x4. Lots of new parts. truck looks and drives great. 171K miles with no issues at all. Asking \$5,500 OBO. Call (601) 604-4923.

1996 Mercury Villager (Nissan Quest) Minivan. Excellent condition, all power options, rear A/C, cruise, tilt wheel, 3.0 liter Nissan V6, 111K miles, one-owner vehicle. Adult driven and very well cared for throughout its life. Interior in fantastic condition, the rear seats have rarely been used, 100% non-smoking vehicle. The CV joints were rebuilt 08/08, the transmission was completely serviced 02/09. Asking \$4,000 OBO. Contact Phil at (601) 679-2485 or (601) 479-7962 and leave a message.

Ford 17" alloy wheels 8-lug with 31" BFG tires, asking \$400;
22" wheels with 285/40/R22 tires 6x5.5" bolt pattern, asking \$300. Call (904) 923-9357.

2003 Nissan Frontier King Cab XE 4-cyl Pickup. Automatic, white, bedliner, very clean. NADA Retail \$8,350; asking \$6,750. Call (601) 604-4347.

2004 Chevrolet Venture LT, 68k miles, silver exterior w/vinyl grey interior, DVD player, dual power heated seats, power right sliding door and other extras. Asking \$9,000. Call (601) 616-5755.

1992 Porsche 964 black, really nice, new inside, 150k miles. Asking \$14,000. **1987 Cadillac Deville,** must see, really good condition, 93k miles, drives great. Asking \$2,000. Call (210) 313-5874.

2002 Ford Ranger LXT truck, 1/2 ton V6, Flareside Supercab 2D. PW, PDL, Cruise, 110K hwy miles. NADA Retail \$8,150; asking \$6,000. Call (601) 604-4347.

Motorcycles/Gear

2007 Yamaha V-Star 650 Classic, Black with ghost flames and Silverado windshield. This one owner, smooth riding cruiser has only 4,900 miles. V-Star 650 Classic gets excellent gasoline mileage, and is comfortable to ride. Asking \$4,800. Call (601) 479-3308.

2008 KLR 650 Dual Purpose, red and silver, like new PIAA headlight, rear luggage rack, great gas mileage, 5,300 miles, warranted thru 2013. Asking \$4,800. Call (601) 679-8180.

2004 Honda VTX 1300 Retro, 14,000 miles, lots of extras, dark blue, new tires. Asking \$5,800 OBO. Call (601) 616-5981.

2006 Triumph Speed triple 1050, white, 3,000 miles. Asking \$6,500. Call (210) 313-5874.

MARGAY street racing go cart, 10 years old, 6 hp. Asking \$450 OBO. Call (601) 917-8681.

Acreage

For Sale: 3 to 4 acres in the Clarkdale School District. For more infor-

mation, contact Ken at (601) 527-2349 or (601) 693-9201.

Homes

For Sale: 2007 mobile home on Magnolia Lake Drive near Collinsville, 25 minutes to NAS, West Lauderdale School District, 2,000 square feet, 5 BR/3 full BA, very good condition, located on 1.89 acre secluded yard, lease payment includes landscape maintenance, two storage sheds included, one with power. Asking \$39,000. Call (601) 527-3704.

For Sale: 4 BR/2.5 BA Historic home in DeKalb, 20 minutes north of NAS Meridian, 2,500 square feet, hard wood floors, fire places (5), living room, family room, dining room, multi-level deck, playground, workshop, carport, sitting on 0.5 acre lot. Asking \$120,000. Call (601) 604-3869 or (601) 743-4818

For Sale: 2005 Mobile Home (16x70), 2 BR/2 BA, washer, dryer, refrigerator and dishwasher included; located 3 miles from West Lauderdale School. Asking \$18,000 or make offer. Call (601) 917-6387.

For Lease with option to buy: Home located at 10217 Hillview Dr., Daleville, only 5 miles from NAS Meridian. Beautiful house has 5 BR, bonus room, 3.5 BA and so much more. Shown by appointment only. Call Kimberly at (601) 490-1221.

For Sale: 418 Northpoint Drive with view of Briarwood Golf Course. 4 BR/2 BA, single-family home, 1,806 sq ft., fireplace, open living space, Northeast School District, patio, fenced backyard, walk-in closets, large master bedroom, lots of storage. Call Angela at (601) 480-9256.

For Sale: Beautiful victorian style two-story home in West Lauderdale School District. Approximately 3,000 square feet of home on an acre and a half of nice, fenced yard. Four BR/3.5 BA, two master rooms one with walk-in closet and one with outside deck, formal dining room, family room, huge kitchen with 3 ovens/2 stoves, microwave and dishwasher and double-sided refrigerator, new cabinets and ceramic tile counter tops and backsplash. Two central air and heat units, gas fireplace and heaters and electric also, two septic tanks with clean water system. Carport on both sides of house, extra large storage area, washer-dryer. Must see to believe. Asking \$199,000, call Mary Ann at 601-626-0048 for appointment. Will consider lease after 2010 if not sold.

For Sale: 2005 Cairo II (16 X 70) mobile home, 2 BR/2 BA, owner getting married and needs to sell, trailer lot available if needed in West Lauderdale School district. Call (601) 737-2091 for more information or leave a message.

Wanted to Buy

Young couple **seeking household or bedroom furniture.** About to be married and have little for home. Call Rachel at (518) 577-2586.

Motorcycles any size any condition, will pay above salvage price. Also have a large selection of good used parts for sale. Call (601) 938-4295 anytime.

If you wish to add or remove an item from “Sale...or” please send your request to penny.randall@navy.mil or call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

NEXs save Sailors, their families money during tight economy

During these tough economic times, military customers know that NEXs are a great place to shop to save money. The NEX’s latest market basket survey shows that customers save an average of 22 percent, not including sales tax.

“We hire an outside company, Retail Data, to do a price survey in different areas of the United States so we can get an actual percentage number for how much money our customers save when they shop at an NEX,” said Tess Paquette, Navy Exchange Service Command (NEXCOM) Senior Vice President, Chief Merchandising Officer. “While other stores say they save you money, the NEX has verified proof that we save our customers money. Offering customers savings every day reinforces our NEX brand and the benefit of shopping the NEX.”

To determine the percentage of savings, the same items were surveyed

from region to region and included items such as major appliances, consumer electronics, furniture, clothing, house wares and sporting goods. The different stores shopped for the comparison were categorized as discount stores, mass merchants, full-line department stores and category-killer stores.

The survey compared prices on approximately 400 specific merchandise items in the NEX inventory against major retailers across the continental United States and Hawaii. The survey proved that NEX customers saved 37.43 percent over JC Penney, 26.13 percent over Office Depot, 21.81 percent over Dick’s Sporting Goods, 21.47 percent over K-Mart, 19.83 percent over Bed, Bath and Beyond, 12.71 percent over Wal-Mart, and 11.02 percent over Best Buy.

NEX’s provided savings to customers in each of 36 different depart-

ments shopped throughout the store. In domestics, savings were 47.86 percent; in boy’s clothing, savings were 38.20 percent; in girl’s clothing, savings were 30.94 percent; in ladies’ clothing, savings were 24.15 percent; in health and beauty products, the savings were 22.80 percent; in cosmetics, savings were 20.10 percent; in infants, savings were 16.76 percent; and in computers, savings were 13.10 percent.

The survey also showed the savings customers saved in eight different areas of the country. Customers in Pearl Harbor, Hawaii, save 24.32 percent; Everett, Wash., 23.77 percent; San Diego, Calif., 23.28 percent; Bethesda, Md., 21.67 percent; Great Lakes, Ill., 21.13 percent; Jacksonville, Fla., 21.02 percent; Pensacola, Fla., 20.49 percent; and Norfolk, Va., 19.35 percent.

-- From NEXCOM Public Affairs

NEX rewards students with A-OK Student Reward Program

The Navy Exchange wants to help its customers pay for their children’s college education through its A-OK Student Reward Program.

Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be at the end of February 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

Military Saves Week: Good time to start an emergency savings fund

2010 Military Saves Week is Feb. 21-28!

The purpose of this social marketing campaign is to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings. The campaign is a growing network of organizations and individuals committed to helping and supporting military members and their loved ones build personal savings arsenals to provide for their immediate and long term financial needs.

Military Saves was developed and tested by its non-profit sponsor, Consumer Federation of America (CFA) and the military services from 2003 to 2006 and launched throughout the Department of Defense (DoD) on Feb. 25, 2007. It is part of two larger campaigns -- the DoD Financial Readiness Campaign, and the national America Saves campaign.

The 2010 Military Saves Campaign includes the concurrent "Military Youth Saves Week" at installations across the nation in an effort to educate the younger members of the military family about the value of financial responsibility and the importance of saving money.

Building an emergency savings fund is the top wealth-building goal of people registered as American Savers. If you don't have an emergency fund already, Military Saves Week is a great time to start one!

Why Build an Emergency Fund?

This is a sound choice. Having an emergency savings fund may be the most important difference between those who manage to stay afloat and those who are sinking financially. That's because maintaining emergency savings of \$500 to \$1,000 allows you to easily meet unexpected financial challenges such as:

- ✓ Repairing the brakes on your car
- ✓ Buying your child a new pair of needed shoes
- ✓ Replacing a broken window in your house
- ✓ Paying for a visit to the doctor when your child has the flu
- ✓ Covering the dental expense of filling a painful cavity
- ✓ Paying for a parking ticket
- ✓ Flying to visit a sick parent

The emergency fund not only allows you to cover these expenses, it also gives you the "peace of mind" that you can afford these types of financial emergencies. Not having an emer-

gency savings fund is an important reason that many individuals borrow too much money at high interest rates. For example, with emergency savings, Americans probably would not have to take out \$2 billion a year in payday loans at interest rates that average 300 to 500 percent.

Where to Keep Emergency Savings

It's usually best to keep emergency savings in a bank or credit union savings account. These types of accounts offer easier access to your money than certificates of deposit, U.S. Savings Bonds, or mutual funds. But not too easy. Keeping your money in a savings account

makes it much less likely that you will use these savings to pay for everyday, non-emergency expenses. That's why it is usually a mistake to keep your emergency fund in a checking account.

How to Find Money to Save

There are many places to find money to save. Start with the loose change that many people

accumulate. Americans typically save more than \$100 in loose change each year. Use this change to open and grow a savings account. If you receive a tax refund or Earned Income Tax Credit, use a portion of this money to begin or increase savings. Since the Tax Credits average nearly \$2,000, you may be able to open a savings account and still have plenty of money to pay off debts or cover other expenses. Try to deposit money saved by cutting back on small, unnecessary expenditures.

Building an emergency fund may be easier if you involve your whole family in meeting this challenge. After you've explained the importance of emergency savings to your spouse or children, they may even help build the account. And, they will be more likely to understand why it's more important for you to increase these savings than to pay for expensive gifts at birthdays or Christmas.

Another way to accumulate the \$500 to \$1,000 of emergency savings is to ask your bank or credit union to automatically transfer funds from checking to savings monthly. Automatic savings is the easiest savings. What you don't ever see, you may never miss.

For more information about the Military Saves campaign or to enroll as a Military Saver, visit www.militarysaves.org -- or call the NAS Meridian FFSC at (601) 679-2360 to find out about installation events in support of Military Saves Week.

FFSC Briefs

To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please make sure you sign up if you're interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.

IA Spouse Discussion Group: Feb. 19 from 9:30-11 a.m. FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

Million Dollar Sailor: Feb. 25 from 8 a.m.-4:30 p.m. The two-day Million Dollar Sailor training is designed to assist Sailors and their families in successfully navigating through the transitions of Navy life and the financial challenges that accompany them. The course targets many of the current financial issues that face our Navy personnel and their families, including: security clearance issues, credit management, identity theft, bankruptcy, mortgage and foreclosure issues, government credit card abuse, and the multiple issues involving Internet buying and selling. It also focuses on sound investment and wealth-building practices.

Meridian hosts

Military Saves Week Kickoff Event:

Command Financial Specialist
CHILI COOKOFF!

Friday, 19 February
1030-1200

Library Parking Lot

Complete a Military Saves
pledge card & receive a FREE
cup of homemade chili!



MILITARY
AMERICA
Saves
START SMALL. THINK BIG.

Military Discounts

The following businesses in Meridian offer various military discounts.

You must show military ID.

15 percent

New York & Company, Bonita Lakes Mall, (601) 485-9262

10 percent

SAGE Coffee & Books, 2304 Front St. (601) 429-5180
(www.sagecoffeeandbooks.comcastbiz.net)

Lowe's, 100 15th Place, (601) 696-4311 (Must have military ID and request discount at check out)

Sake Sushi, Meridian Crossroads Shopping Center, (601) 482-8288

The Hot Spot, 2500 North Hills St. (601) 693-4344.

Wash, Dry & Fold, Broadmoor Shopping Center, (601) 693-8004

Nick & Al's Pizzeria, 1910 Highway 19 North, (601) 693-0100.

China Buffet II, 2210 N Frontage Rd, (601) 693-2188

Popeye's Chicken & Biscuits, 2 Meridian locations
Burger King, 2 Meridian locations

MidSouth Tires, Meridian (10 percent on service work and 5 percent on tire purchase)

Barnhills Buffet, 2220 North Frontage Road, (601) 485-3335
Cater's Market, Meridian, (601) 482-5515

Plant the Earth, 7802 Poplar Springs Drive, (601) 485-7030
Squealer's BBQ, 2442 North Hills St., (601) 693-0910; and 886 Highway 19 S, (601) 483-2727

La Familia Mexican Restaurant, 725 Front Street Extension, (601) 482-4232

Foot Locker, Bonita Lakes Mall, (601) 483-4064

5 percent

Quizno's Classic Subs, 4811 29th Ave., (601) 485-8111

Coupon required

Bonita Lakes Cinema

offers a military discount, but requires a discount coupon.

Coupons are available at the ITT Office at the NAS Meridian Triplett Library. Coupons good after 6 p.m. only

Sprint offers a military discount.

Military Discount

Town & Country Properties, 2208-2334 Front St., Meridian. 75 percent off security deposit on any downtown apartment rental with 12 month lease.



**We Also Offer Commitment, Service And Teamwork.
(Without The Prop Wash.)**

GEICO is committed to giving our **Military** customers auto insurance that's second to none: 24-hour service, simple payment plans, money-saving discounts, vehicle storage options and storage protection plans, whether you decide to store it yourself or store it on base. For seventy years, GEICO has been serving the special needs of the special people who serve our country. We're ready to do it for you. Call us anytime.

GEICO
geico.com

1-800-MILITARY (1-800-645-4827)
AUTO ★ HOME ★ RENTERS ★ MOTORCYCLE ★ BOAT

Some discounts, coverages, payment plans, and features are not available in all states, or in all GEICO companies. Homeowners, renters, and boat coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle coverage is underwritten by GEICO Indemnity Company, Government Employees Insurance Co., GEICO General Insurance Co., GEICO Indemnity Co., GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO, Westinghouse, DC 20076. © 2010 GEICO

It's Your Turn...

In honor of African American Heritage Month, we asked these five people, "Who do you think is one of the most influential African Americans in history and why?"

Photos by MC2 Flordeliz Valerio



Janet Edwards

Head Front desk agent Navy Gateway Inn and Suites
"Without a doubt, the Rev. Dr. Martin Luther King Jr. He is a pioneer for civil rights which has impacted the current black politicians."



Joyce Harrison

Head Housekeeper
"Rosa Parks comes to my mind. She stood for human rights for Black Americans. She is a leader and inspiration."



LSSR James Hurd

NTTC Student

"Michael Jordan. He was one of the first black basketball players to succeed in basketball as well as being successful with marketing clothes and shoes."



SHSA Ashley Miller

NTTC Student

"I believe Oprah Winfrey is an influential African American because she does a lot for other people. She shows that anybody can help out and change people's outlook in life."



LSSN Elijahwon McMillian

NTTC Student

"Tupac Shakur. He came from nothing... He taught himself by reading books and shared his knowledge through his lyrics and rhymes thus making him, in my opinion, the best rapper."

The nature of fire is difficult to understand

Every day Americans experience the horror of fire. But most people don't understand fire. Only when we know the true nature of fire can we prepare ourselves and our families.

Each year more than 3,500 Americans die and approximately 20,000 are injured in fires, many of which could be prevented.

Some simple facts that explain the particular characteristics of fire.

Fire is FAST!

There is little time! In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for thick black smoke to fill a house. In minutes, a house can be engulfed in flames. Most fires occur in the home when people are asleep. If you wake up to a fire, you won't have time to grab valuables because fire

spreads too quickly and the smoke is too thick. There is only time to escape.

Fire is HOT!

Heat is more threatening than flames. A fire's heat alone can kill. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super hot air will scorch your lungs. This heat can melt clothes to your skin. In five minutes a room can get so hot that everything in it ignites at once -- this is called flashover.

Fire is DARK!

Fire isn't bright, it's pitch black. Fire starts bright, but quickly produces black smoke and complete darkness. If you wake up to a fire you may be

blinded, disoriented and unable to find your way around the home you've lived in for years.

Fire is DEADLY!

Smoke and toxic gases kill more people than flames do. Fire uses up the oxygen you need and produces smoke and poisonous gases that kill. Breathing even small amounts of smoke and toxic gases can make you drowsy, disoriented and short of breath. The odorless, colorless fumes can lull you into a deep sleep before the flames reach your door. You may not wake up in time to escape.

Fire Safety Tips

In the event of a fire, remember time is the biggest

enemy and every second counts!

Escape first, and then call for help. Develop a home fire escape plan and designate a meeting place outside. Make sure everyone in the family knows two ways to escape from every room. Practice feeling your way out with your eyes closed. Never stand up in a fire, always crawl low under the smoke and try to keep your mouth covered. Never return to a burning building for any reason; it may cost you your life.

Finally, having a working smoke alarm dramatically increases your chances of surviving a fire. And remember to practice a home escape plan frequently with your family.

If you have questions on this or any other fire related topic, feel free to contact the NAS Fire Prevention Office at (601) 679-3866/3875.



Be aware of your surroundings

Whether in your neighborhood, at work or shopping in town you can reduce your potential for being a target of terrorism by paying attention to your surroundings. The commanding officer is ultimately responsible for the security and safety of the installation. Security and the Anti-Terrorism Group at NAS Meridian has developed force protection measures of security to safe guard the installation and those work and live on board. If you see suspicious or out of the ordinary activity, report it immediately to security by calling

(601) 679-2361

(601) 679-2958

Contact local enforcement or 911 for emergency only!

Photos from the Fleet

Port-Au-Prince, Haiti



A Haitian child clings to Aviation Boatswains Mate (Handling) 3rd Class Pierre Toussaint in the pediatric ward aboard the Military Sealift Command hospital ship USNS Comfort (T-AH 20). Toussaint and other Sailors with Haitian backgrounds have volunteered to serve as French and Creole translators. Comfort is conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in Haiti, Jan. 12.

Photo by
MC3 Matthew Jackson



Sailors assigned to the dock landing ship USS Harpers Ferry (LSD 49) prepare to hook up chains for a stern gate marriage with Landing Craft Utility (LCU) 1651, which has returning 31st Marine Expeditionary Unit (MEU) aboard Feb. 11. The Marines were on the beach participating in Cobra Gold 2010. Cobra Gold is a joint and coalition multinational exercise hosted annually by Thailand.

Photo by Petty Officer
1st Class Geronimo Aquino

Atlantic Ocean

Cmdr. Bob Cady, right, and Lt. Alonzo Wynn launch an F/A-18E Super Hornet aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is underway conducting carrier qualifications.

Photo by
MC3 Justin Smelley



Mayport, Fla.

Sailors aboard the littoral combat ship USS Freedom (LCS 1) lower the Navy Jack from the jackstaff before the ship departs Naval Station Mayport for its first operational deployment. Freedom will conduct counter-illicit trafficking operations and theater security cooperation in the U.S. 4th Fleet area of responsibility.

Photo by
MC2 Lily Daniels



Norfolk, Va.

Larry Wesling, a naval aviation water training instructor, trains a class of Navy officers during a water survival course at the Aircraft Survival Training Center at Naval Station Norfolk. Pilots of all branches of the military are required to take the course every four years.

Photo by
MCSN Sharay Bennett

